

Hints for Homemakers

by SONDRA REID

SALADS THROUGH THE YEARS

The first "salad bowl", made by mixing greens of the field in a large container, was produced by the ancient Arabians.



Sondra Reid

They warmed olive oil in the sun and used it for a dressing. The Greeks later created new recipes, developed new herbs and introduced spices. The Romans improved the dressing. A princess of the Medici family

of Florence, Italy, powerful in the fifteenth century, introduced salads to the French. Europeans brought the salad bowl to America, where it has been enthusiastically accepted. From the Bohemians, exceptional salad makers, and the Germans, who have used salads for centuries, we have learned secrets of seasoning which have made the salad an even more popular American food.

Salads are as numerous and as varied as the foods from which they are made. They may be as simple as a spoonful of chopped cabbage dressed with oil and vinegar or as elaborate as shrimp in aspic. They may form part of a family luncheon or dinner or appear as refreshments at parties. A salad may be used as an appetizer, a luncheon or supper main dish, an accompaniment to the meat course, a separate course following the meat, or in place of dessert.

Because of the great range of color, shape and texture in fruits and vegetables which make up most salads, ingredients may be combined into most attractive and appetizing dishes.

WAYS OF USING SALADS

Because of their varied ingredients, salads may contain most of the needed food values. In addition to their nutritive value, they furnish the crisp, chewy foods required for healthy teeth and gums and supply bulk in the diet. They may be used in various ways.

At dinner, salads may be served at the beginning of the meal as an appetizer. These salads should be tart and light so that they will stimulate the appetite for the rest of the meal.

Salads used as garnishes or accompaniments to the meat course may be placed on the plate with the meat course and eaten with it. They should be small, colorful, daintily arranged and consist of mixed fruits, vegetable, or greens. Stuffed prunes

are very commonly used in this way.

A salad that serves as the main dish of a luncheon or supper must furnish most of the calories in the meal. Protein-rich salads may be made with meat, fish, sea food, cheese, eggs, nuts or beans. The protein salads are less fattening than other high-calorie salads, such as potato salad.

A salad may be used as a substitute for dessert to add a light finish to a heavy meal. It is often sweet and may consist of combination of fruits sometimes molded in a fruit gelatin. Coconut, cream cheese or whipped cream are often used with the fruit.

Salads may be served as refreshments at social occasions accompanied by a hot muffin or cheese straws and a beverage. Fruit salads, tossed vegetable salads, and sea-food combination are favorites for this kind of use.

NEXT WEEK--Selection of ingredients for Salads.



NIGHT CLUBBERS--Enjoying themselves at Q. B. Bush's lively El Morocco Club are (from left) Helen Richeson, Rudy Normand and Marjorine Thomas.

TSHOMBE NO LONGER WANTS 'SEPARATION

MADRID, Spain--Exiled Katanga president Moïse Tshombe says he has abandoned designs to separate Katanga from the Congo and will work to establish an American-modeled constitutional democracy when he returns to his African homeland "before this summer."

Tshombe said that Premier Cyrille Adoula was solely responsible for his involuntary exile in Spain. He predicted that Adoula will be deposed shortly "unless he resigns" and blamed the current uprisings in Kwilu province and other trouble spots on the "poor leadership" of Adoula's government.

Claiming that three-fourths of the Congolese people supported him, Tshombe said he expected to be "back in power by June." He said he hoped to establish a republican form of government in the Congo, with each province "set up like a state as in the United States."

Members of Tshombe's staff here report that he has received visits from numerous African leaders recently and is in constant touch with supporters in Leopoldville and Elisabethville.

FASHIONS and SOCIETY



MANNEQUINS--Among those who will model at the Lords of Las Vegas' 'Fashions With an International Air' show at Moulin Rouge Easter Sunday are (front) Toni Jo Allen, (rear from left) Rosetta Collins, Brenda Simon and Debra Roberts.

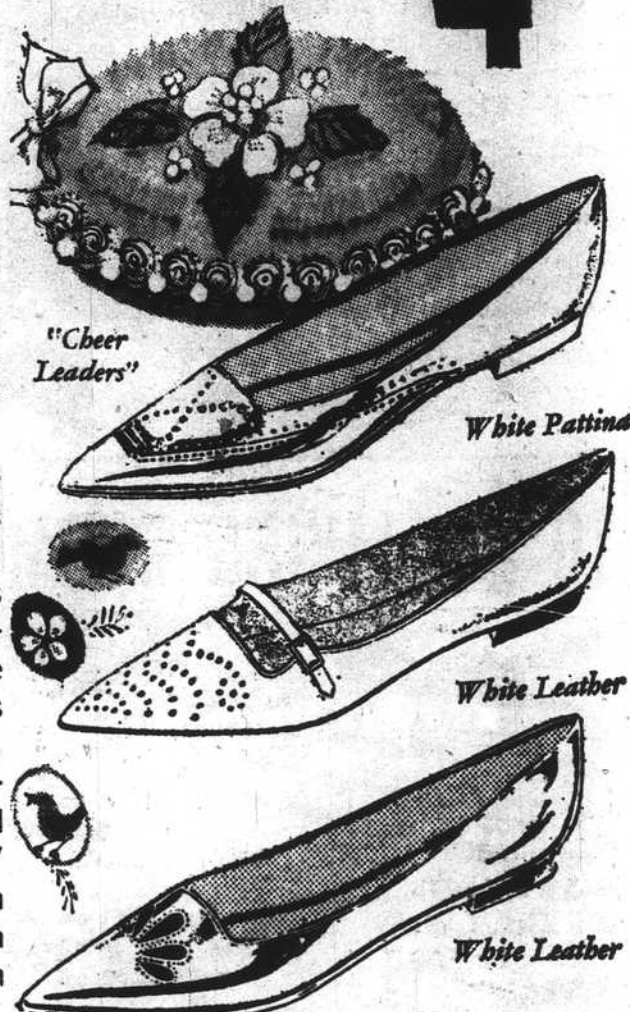
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